



Menu Plan Densa Park – February 2026

Week 06	Week 07	Week 08	Week 09	Week 10
Monday (02.02.26) Fetasalat Pasta with ricotta and tomato sauce	Monday (09.02.26) Green salad Fried Asian noodles	Monday (16.02.26) Cucumber salad Tart with vegetables	Monday (23.02.26) Chickpea salad Vegetable couscous	Monday (02.03.26) *
Tuesday (03.02.26) <i>Beetroot salad</i> <i>Quesedias with chicken</i>	Tuesday (10.02.26) Maissalat Risotto with cheese and tomatoes	Tuesday (17.02.26) Carrot salad Seasonal oven vegetables	Tuesday (24.02.26) Quinoasalat Beetroot dumplings with apple slices	Tuesday (03.03.26) *
Wednesday (04.02.26) Asparagus soup White winter cabbage with carrots and potatoes	Wednesday (11.02.26) Chinese cabbage salad with sweet dressing Pasta with pesto	Wednesday (18.02.26) <i>Vegetable soup</i> <i>Chilaquiles (Tortillas with mild Salsa)</i>	Wednesday (25.02.26) <i>Pea salad</i> <i>Burritos with vegetables</i>	Wednesday (04.03.26) *
Thursday (05.02.26) Salat red chicory Pumpkin curry with rice	Thursday (12.02.26) <i>Noodle salad</i> <i>Egg tortilla with vegetables</i>	Thursday (19.02.26) Cheese salad with raw vegetable sticks Merquez with brown rice	Thursday (26.02.26) Bulgur salad Fried penne with tomato sauce with grated cheese	Thursday (05.03.26) *
Friday (06.02.26) Broth with vegetables Quinoa with fish	Friday (13.02.26) Endive salad Polenta slices with tomato sauce	Friday (20.02.26) Green Bean Salad Baked cauliflower with potatoes	Friday (27.02.26) Raw vegetable sticks with quark dip Cream cheese pancakes with apple sauce	Friday (06.03.26) *

Specialties according to the pedagogical theme of the month: Mexico